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Horse&Rider

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DECEMBER 2015

Our 'Best' Issue

The Year's Top
Moments,
Movements,
Milestones

Patterning Basics
For Barrels, Gymkhanas

STRETCH YOUR GAITS!
Achieve Ultimate Extension

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SADDLING PROBLEM**

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For Horse Fun

Quarter Horse mare
Lopin The Best





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Special Issue!

35 Horse&Rider's Best of 2015

What's good in the horse world? Plenty! We share the best moments, movements, and milestones of the past year, including these selections by the editors:

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...plus your voted-on favorites and sponsors' picks.
Enjoy!

By The H&R Staff

On the cover: HP Lopin The Best, a 2-year-old Quarter Horse mare owned by Mariann Harrington and Joe Prause of Arkansas. At press time, 'Mel' and trainer Darren Putnam were preparing to show in the All American Quarter Horse Congress Masters Western Pleasure Futurity. Photo by Mallory Beinborn

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SAFETY



IN NUMBERS

Some dewormers claim just one dose of their product is the best way to deworm your horse, but that's simply not true.

Demand Safety: You won't find a laundry list of warnings and precautions on the PANACUR® (fenbendazole) POWERPAC label, like those other dewormers, because fenbendazole has a unique mode of action that makes it safe for horses of all ages, sizes and body conditions.

Demand Efficacy: PANACUR POWERPAC is the only dewormer FDA approved to treat ALL STAGES of the encysted small strongyle.¹ Other dewormers miss a critical stage, EL₃, which can account for up to 75% of the encysted small strongyle burden. Plus, it's the best choice for treating ascarids – which are not just a problem in young horses!

SO WHEN IT COMES TO WHICH DEWORMER TO TRUST, DON'T FORGET THERE'S SAFETY IN NUMBERS.

Consult your veterinarian for assistance in the diagnosis, treatment, and control of parasitism.

Do not use in horses intended for human consumption. When using Panacur® (fenbendazole) Paste 10% concomitantly with trichlorfon, refer to the manufacturers labels for use and cautions for trichlorfon.

¹ PANACUR (fenbendazole) POWERPAC Equine Dewormer product label.

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DEWORMING IN FIVE DOSES – THE FACTS

When it comes to dewormers, only one unique and popular product can be distinguished from all others for one very important reason: A five-dose regimen. This five-day regimen results in one of the safest, most comprehensive and effective methods to treat a wide variety of parasites in a wide variety of horses.

This regimen is known as the PANACUR® (fenbendazole) POWERPAC and is a larvicidal dose of fenbendazole.

FACT IS 5 IS GREATER THAN 1

1 FACT: PANACUR POWERPAC IS EXTREMELY SAFE.

Safety is the most important feature of any pharmaceutical product. If you're not already, you should be reviewing the warning label on dewormers. You'd be surprised at the amount of warnings that come with some equine dewormers, including ivermectin and moxidectin products. In big bold print, you'll see phrases such as **"Extreme caution should be used when administering the product to foals, young and miniature horses...Do not use in sick, debilitated or underweight animals."** And **"This product should not be used in other animal species as severe adverse reactions, including fatalities in dogs, may result."**

Fenbendazole has an exceptional safety profile and is safe for every horse on your farm, regardless of their age, size or body condition. It is safe for the environment as well as in non-target species, and there are no known contraindications. Due to its gentle mode of action, fenbendazole may help decrease the likelihood of potential side effects, such as endotoxic shock and impactions, which may occur after deworming foals with heavy roundworm infections using other classes of dewormers.ⁱ

Fenbendazole has demonstrated a wide margin of safety in well-controlled safety studies in horses with single doses as high as 1000 mg/kg (that's 200 times the label dose), and for 15 consecutive daily doses at 50 mg/kg.ⁱⁱ

2 FACT: PANACUR POWERPAC WORKS ON A WIDE VARIETY OF PARASITES.

PANACUR POWERPAC (fenbendazole 10 mg/kg daily for 5 days) treats a majority of the most common internal parasites affecting horses. It is labeled for the control of large and small strongyles (including migrating larvae), pinworms and ascarids (roundworms). Additionally, it is the only U.S. Food and Drug Administration (FDA) approved treatment labeled for all stages of encysted small strongyles, including early third stage larvae (EL₃), which can account for up to 75 percent of the encysted small strongyle burden.

3 FACT: PANACUR POWERPAC WORKS IN A WIDE VARIETY OF HORSES.

Young and old and everything in between. Not only is PANACUR POWERPAC considered the best treatment option for ascarids in foals, but the larvicidal dose is often recommended every year for:

- Moderate-to-high strongyle egg shedders
- Incoming horses before co-mingling with resident horses
- Before starting on a daily dewormer, and once a year while continuing a daily deworming program
- Prior to a performance event for show horses
- The treatment of debilitated or thin horses suffering from internal parasites, horses with chronic diarrhea, recurring colic and chronic weight loss due to suspected parasite infection.ⁱⁱⁱ

4 FACT: PANACUR POWERPAC IS THE BEST CHOICE FOR ASCARID PROTECTION.

PANACUR POWERPAC is widely recognized as the best product for treating ascarids, one of the most significant and potentially life threatening parasites in young horses, and a growing problem in adult horses. This is because:

- There are a growing number of reports of ascarids resistant to macrocyclic lactones and pyrantel pamoate. Larvicidal doses of fenbendazole have been proven to be efficacious against ivermectin-resistant ascarids.^{iv}
- Its safety. Its mode of action results in a slow kill of parasites. The other anthelmintic classes approved for use in foals (pyrantel salts and macrocyclic lactones – e.g., ivermectin) affect the nervous system of worms, which kills them quickly. The latter situation seems to result in small intestinal impactions with dead ascarids more frequently than after treatment with fenbendazole.^{i, v}
- Due to widespread resistance to ivermectin and moxidectin, ascarids can also threaten horses beyond the age of 18 months if these animals were not effectively dewormed as foals and have harbored an ascarid infection into adulthood.

5 FACT: THE FIVE-DOSE PANACUR POWERPAC REGIMEN IS GREATER THAN ANY ONE DOSE OF OTHER DEWORMERS.

It's more than math. It's science. When used as part of a veterinarian-guided, strategic deworming program, the five-dose PANACUR POWERPAC deworming regimen shows unmatched efficacy and safety against a wide variety of parasites in a wide variety of horses.

Remember, deworming is only one part of the solution to parasite control. Sound husbandry practices will improve the efficacy of any deworming program, which is yet another reason to work with your veterinarian. Dewormers such as PANACUR POWERPAC have the best chance of success when partnered with fecal monitoring and strategic use of non-chemical parasite control strategies.

Get the facts and incorporate PANACUR POWERPAC into your deworming strategy for a healthier horse inside and out.

Do not use in horses intended for human consumption. Consult your veterinarian for assistance in the diagnosis, treatment and control of parasitism.

ⁱ AAEP Parasite Control Guidelines. Revised 2013.

ⁱⁱ PANACUR (fenbendazole) POWERPAC Equine Dewormer product label.

ⁱⁱⁱ Tamzali Y. (2006) Chronic weight loss in the horse: a 60 case retrospective study. Equine Vet Edu. 18, 289-296.

^{iv} Reinemeyer CR, Vaala, WE. Larvicidal efficacy of fenbendazole against a macrocyclic lactone-resistant isolate of Parascaris equorum in foals. 2010 AAEP Proceedings.

^v Cribb, NC, Cote, NM, Bouré, LP, Peregrine, AS. Acute small intestinal obstruction associated with Parascaris equorum infection in young horses: 25 cases (1985-2004). N Z Vet J. 2006 Dec;54(6):338-43.

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Horse&Rider

Volume LIV, Number 12

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Cream of the Crop

Find out which awe-inspiring, heartfelt, and laugh-out-loud-worthy moments of 2015 made the cut for our “Best Of” feature, beginning on page 35, and then relive many of the events by watching the videos and reading the stories online.

Saddle Sour

If your horse acts out at saddle time, it could be a cry for help. Solve the behavior with help from *Whole Horse* this month, and then review “7 Signs of Saddle-Fit Trouble” at the website.

Tickle or Trouble?

Control cough-causing allergens with strategies from this month’s *Horse-keeping*, page 21, and then go online to find out if his chronic cough is more than a tickle in “Horse Heaves Symptoms and Treatment.”

Join the Herd!

We love hearing from you! Send all high-resolution images for *Conformation Clinic*; *Problem Solvers* questions; and any feedback, ideas, photos, and letters to HorseandRider@aimmedia.com. Or mail correspondence to 2520 55th St., #210, Boulder, CO 80301.

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From the Editor

By Jennifer Paulson

Personal 'Best'



IT'S FUNNY HOW WHEN YOU FOCUS ON POSITIVE occurrences, you find more of them than you thought possible. The *H&R* editorial team spent the better part of this year curating instances of good in the horse world to put together for the "Best of 2015" feature, beginning on page 35. We're proud to share with you all the good we found.

And, as we wrap up another editorial year and put the finishing touches on that feature, I can't help but continue to look for more "bests." Even a cynical editor can become a positivity junkie!

The 'Best' in My Horse Life

My job allows me to experience a lot of headline-making best moments, but my personal "bests" come at my own barn, with my boys and their gelding, Old Paint.

My Best Reason to Break Doctor's Orders came two weeks after my son broke his arm, when he really disliked the cast. As we loaded grain into the cart at the feed store, Leo said, "Mom, I really want to go ride." We both smiled slyly and agreed that, if we were extra-careful, it was worth breaking the rules. It showed me that Leo really gets it—that his horse can cure just about everything, even the broken-arm blues.

Joe, my youngest boy, gets Best Newcomer to the Saddle. At the end of the summer, something sparked in him. Previously, he chose chatting with Old Paint over riding him. But, now 4 years old, Joe enjoys being led around the arena and pasture, practicing all the horsemanship tips we give his older brother: He looks where he's going, sits up straight, keeps his heels down, and is learning to say "whoa" only when he means it.

Your Turn

It's fun to celebrate the milestones and achievements that get recognized by all horse people. But it's even more meaningful to recognize the individual "bests"—big and small—that keep the horse world turning.

We'd like to celebrate your best moments of 2015, whether it's mastering a lead change, going down the fence with a cow, hitting a once-in-a-lifetime trail ride, overcoming fear, rescuing a horse in need, or volunteering at a riding center. Whatever you did with your horses or within the horse world that made you proud, we want to hear about it. Send your "best" moments to me at the email address below, along with your full name and home state. You might see yours published in an upcoming issue of *H&R*! □

Jennifer Paulson

You can reach Jennifer Paulson at jpaulson@aimmedia.com.

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We Hear You

LETTER OF THE MONTH

Ushering in a New Generation

I'm writing in response to "Bye-Bye, Boomers" (*From the Editor*, November 2015). As a Baby Boomer, it's true that I often don't feel like going to a show or competition where my older mare's and my "stiff and somewhat creaky" performance will be marked down by the judge, but I do some local trail riding. The barn where I board is inhabited with many older folks and horses, and we invite younger people in to ride.

A couple of years ago, a friend and I hauled our two horses into downtown Omaha to the Hope Center for Kids. The two horses gave rides to 60 children that day who'd never been near an animal that big before! I got to see magic happen for many broken and neglected children.

I also still play an active role with my grandchildren. I know my money is well spent on keeping a horse or two for the youngest generation. They need to be taken on a horsey adventure away from the "plastic clicky devices!" I plan to keep doing this until I can no longer get out of bed.

Horses *have* to stay in our lives.

CHRISTINE ANDERSON, Nebraska

E-mail your letters to HorseandRider@aimmedia.com. Or, send them to *Horse&Rider*, 2520 55th St., #210, Boulder, CO 80301. To be considered for publication, your submission must include your full name and your state. Published letters are subject to editing for brevity, clarity, and accuracy.

My Horse-World Hero

I enjoyed your September *From the Editor*, "Working With Icons." My horse-world heroes are Mary Ann and Roger Adamcin, owners of Adamcin Performance Horses, Tucson, Arizona. Mary Ann was a formidable competitor on the East Coast circuits during the 70s, 80s, and 90s, including the Quarter Horse Congress. Today, she trains, gives lessons, and coaches show participants at her 15-acre facility.

Here are some of the reasons she is my horse-world hero.

1. Horse well-being is the priority. Nutrition is based on individual needs and horses' weight, and overall health is carefully monitored.
2. Mary Ann takes time to train a young horse or reschool a mature equine, but she never manufactures a need to keep a horse in training.
3. She's not afraid to share her knowledge. Mary Ann wants her clients to be able to ride their own horses.
4. She's never stopped learning and is

an avid reader of horse-training literature, including *Horse&Rider*.

5. She and Roger keep boarding, training, and showing fees reasonable so that a broad spectrum of individuals can enjoy horses.

6. Mary Ann knows a lot about horses but would never pass herself off as a vet, instead working with local veterinarians.

7. Finally, Mary Ann and Roger are honest people, something that's not always part of the horse industry.

LINDA SMITH, Arizona

Semper Fi

What a fantastic story of a Marine and his horse ("Big Clyde Gets a Second Chance," *Your Stories*, September 2015). Semper Fidelis in its purest form: Always faithful. Way to go, Doug Williams; I'm proud to call you a brother Marine. Your story about what you did with Big Clyde made this old Marine's eyes "leak!" I rescued an Appaloosa, and after a year or so we have a bond and enjoy what we do together.

TIM HALEY, California



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Horse Tries to Lie Down at Saddling

Why does this gelding begin to collapse when his cinch is tightened?

Q Lately my 13-year-old National Show Horse gelding starts to lie down when I put him in crossties and attempt to saddle him. I'm worried he'll hurt himself or my saddle. He's used to being ridden, and he doesn't try to lie down as I saddle him tied in the round pen—though he does pull away. Where might this sudden cinchiness come from, and how can I correct it?

DANIELLE STANDAGE, Arizona

A The sudden onset of your horse's reaction could mean it's a medical problem. Have your veterinarian thoroughly check your gelding for

a physical issue. A sore back or withers can definitely cause cinchiness.

One method of checking for pain is administering an oral dose of phenylbutazone about an hour before trying to saddle him. If he then allows himself to be tacked up with a painkiller in place, that indicates his behavior may be caused by pain. On the other hand, if the collapsing behavior has become habitual, he may do it anyway, so also try saddling him in a new setting outside (not the round pen where he pulls back).

An ill-fitting saddle can cause pain. If need be, find a professional saddle fitter to assess your saddle on your horse, or

try different saddles and see if it affects the behavior.

If pain isn't the cause, your gelding may simply not want to be ridden and is lying down as an avoidance behavior. The recent onset makes me question what's different in his riding routine. Is there a new rider involved, longer working sessions, new expectations, new stresses, new fears? Examine your routine with him. He may be anxious about being saddled because he's anxious about being ridden, which he knows will follow.

Another approach to try is positive reinforcement. Many horses object to being saddled (though their evasions

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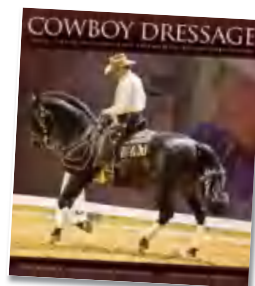
12 Lessons to Take You From the Basics to Your First Show

Here's everything you need to know about the newest horse sport, Western dressage, a unique blend of classical dressage and the spirit of the Western Horse. Top horsewoman Lynn Palm offers step-by-step exercises to take you through your first Western dressage test. You will learn how to finetune your horse's responsiveness (regardless of his event!), improve your position and balance and ramp up your head-to-tail body control. **#ZP22, 88 pp., \$24.95**

Cowboy Dressage

Riding, Training, and Competing with Kindness as the Goal and Guiding Principle

In this new book, lifelong horsewoman Jessica Black traces the evolution of Cowboy Dressage back to its roots, sharing the story of Eitan and Debbie Beth-Halachmy and their phenomenal Morgan horses, which have served as the movement's ambassadors. Striding the line between utterly engaging story and well-organized how-to manual, Cowboy Dressage gives readers everything they need to find a "soft feel" with their horses and then share what they've developed with a community of like-minded horse people. **#ZF919, 216 pp., \$29.95**



Clicker-Training Basics

Clicker training pinpoints and rewards extremely specific behavior, using a click sound the horse has been conditioned to associate with receiving a treat. With this positive reinforcement, horses become eager students and learn quickly. You can use clicker training to improve ground manners, desensitize a spooky horse, train specific maneuvers, and more. (See “Click to Motivate Your Horse” at the Web site.)

are more often turning and biting, or pulling back, rather than collapsing). With some reward-based training, you may convince your gelding that being saddled is a positive thing.

Try offering a piece of carrot for every notch you tighten the cinch. Start with the cinch quite loose, tightening it only gradually. Clicker training (see box) can work especially well here. First, put only the saddle pad on, then

immediately click and give a treat. Do that 10 times. Then put the pad on and gently place the saddle on, clicking just as it settles onto his back, then give a treat. Do that 10 times. Next, gently put the pad and the saddle on, pass the cinch under him, and click as you draw the cinch up against him (then give a treat). Do that 10 times. With each notch of tightening, follow the same pattern.

Do this training over a period of about four days, with just the saddle pad the first day, then the saddle on the pad the next day, and so forth. Over a week's time, you'll know whether it's working or not. If it is (and you've ruled out physical causes with a vet exam and saddle checking), you may not have to do anything else.

KATHERINE HOUP
Professor Emeritus
Cornell University

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For tips on saddle suitability, see “7 Signs of Saddle-Fit Trouble” at the Web site.

Send horse health and behavior questions to jfmeyer@aimmedia.com. Include horse's age, breed, gender.

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Get a Handle—Finally—on Your Fear

Fear ruled her riding life for eight years, then she beat it. Now she's sharing her method.

By **Heidi A. McLaughlin**

All I ever wanted was to be a confident rider. During the eight years I was stuck in fear, no one seemed to understand my plight. Friends told me to “cowgirl up.” Trainers couldn’t understand why I failed to improve. The poor horses I rode kept going sour.

It was as if all other riders “got it” but me. What did they have that I lacked? If horsemanship is a learned skill, why couldn’t I grasp it?

As a child, I begged in vain for my parents to buy me a horse. So after college, marriage, and raising my three boys, I finally fulfilled my dream and bought myself one. As I fumbled with my mare, the reality of the situation unfolded. I knew I was in over my head. I just couldn’t understand why it was all so scary.

Breaking Down Learning

I bought and sold horse after horse, searching for “the right match.” But what I didn’t know was that no horse on earth would ever be “right” until I dealt with the real problem: my fear.

Well-meaning friends and various trainers told me I just needed more time in the saddle. But the years passed and my fear only grew worse. My husband couldn’t understand why I kept at it when it was obvious I wasn’t enjoying myself. I persevered by “wishing away time.” I’d tell myself, “Next year at this time I’ll be better.” But nothing changed.

One trainer did help my horse, and I still couldn’t ride that gelding without fear. I knew my anxiety upset my horse, but all of my lessons weren’t lessening the fear. One evening driving home

after a particularly frustrating session, I pondered how my trainer kept repeating, “Heels down!” I thought, “What if I *only* work on keeping my heels down every day until next week’s lesson?”

This was the beginning of my epiphany! I saddled up every day, even if I had only 15 minutes. I worked diligently on keeping my heels down, first at a walk, then a trot, and by the second week, at a lope. The result? I eventually didn’t have to think about my heels anymore. It was now muscle memory.

By the third week, I started in on breaking the bad habit of staring at my horse’s head (a habit I’d thought would set me up to handle a spook, but which instead only made me hyper-vigilant and my horse over-reactive). Soon I was looking up and ahead.

Breaking Out of Fear

So it went week after week, breaking bad habits and establishing good ones—one at a time. It was slow going, but the more I practiced this way, the more my horsemanship improved, and the less fearful I felt. After a few weeks, my trainer began to comment that I was finally getting it.

It was then I realized I was on to something. We’ve learned through natural horse training that once you remove a horse’s fear and make him feel comfortable, his training gets easier and he begins to enjoy learning. The same applies to us. Though I’d had what it took inside me all the time, I just didn’t know how to tap into it. No other emotion so effectively robs the mind of its powers of acting and reasoning as fear. Fear immobilizes us, embarrasses us, and frustrates us. We deal with this discomfort by trying to ignore our negative emotions and avoiding the things that make us fearful.

To compound matters, our fear makes our horses more reactive, contributing to a vicious circle. You can’t hide your fear from your horse, so he



The author on her Paint gelding, Chief.

becomes hyper-sensitive, looking for the danger you’re projecting. This just makes you more fearful, which sours your horse even more, and so it goes.

When I was stuck in fear, anything anyone tried to teach me couldn’t sink in because I was in self-preservation mode. Once I broke my training down into small, easy exercises, I was able to feel my progress, which boosted my courage so I could truly learn.

Today I ride not only with confidence, but with joy! Fear no longer limits where I go or what I do with my horses. I even ride on windy days! (Fearful riders know what I’m talking about.) It feels great!

You don’t have to stay stuck in fear, either. Start by acknowledging your fear and breaking your training down into small, easy, non-threatening exercises. Become a fearless rider! □

Heidi A. McLaughlin lives in Fallbrook, California, with her husband of 35 years; she has three grown sons and two grandchildren. After overcoming her own fear, she wrote a best-selling book on the topic. Today she travels the country teaching her method to anxious riders. Learn more at fearlessrider.com.

Have a poignant, humorous, or educational story to share? E-mail jfmeyer@aimmedia.com; 675-word maximum.

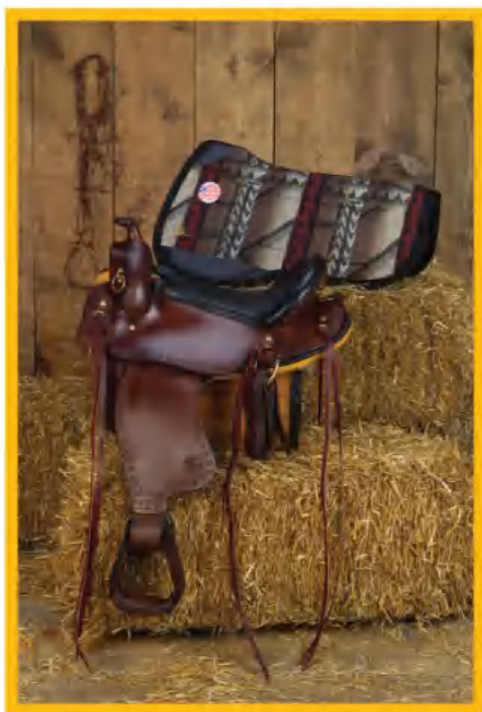
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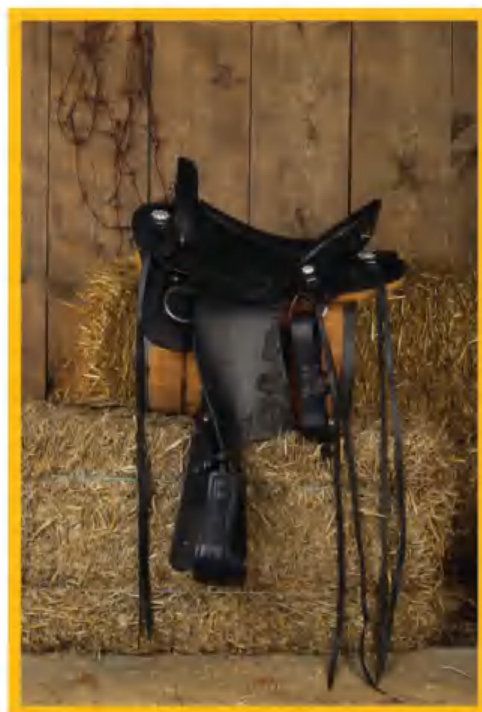
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WE'D LOVE TO OWN

Hot Krymsun Angel

Details: 2008 ApHC mare by One Hot Krymsun and out of Misty Monroe, by Zippos Mr Misty.

Barn name: Olive.

Owned and shown by: Lauren Benringer of Seattle, Washington.

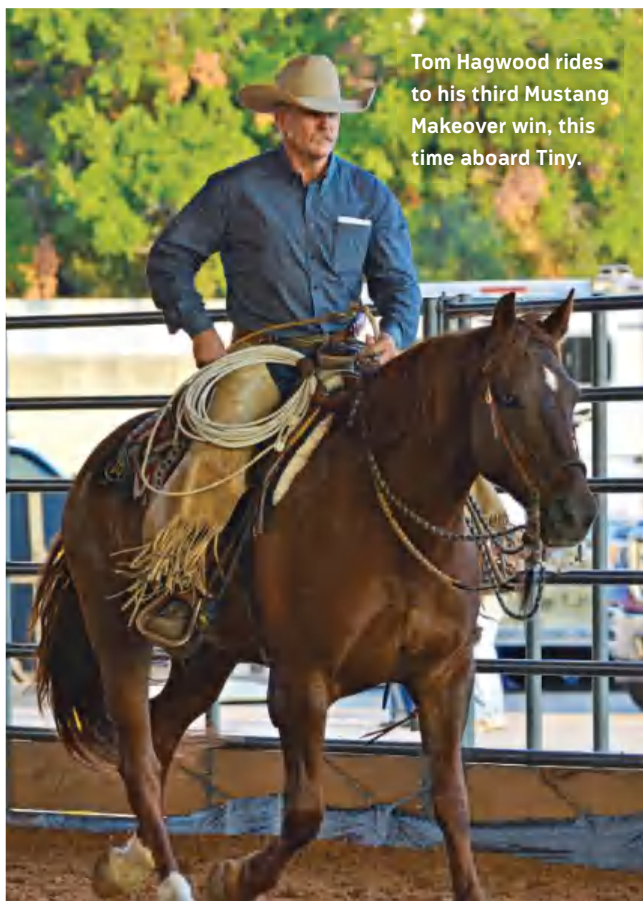
Mare with medals: Benringer and her mare Olive compete in all-around events, including Western riding and pleasure, trail, showmanship, and hunter under saddle. Olive's earned accolades in trail, Western pleasure, and horsemanship. Last season, Benringer won Novice Western Horsemanship 18 & Under at the Appaloosa Youth World Show and finished well in trail.

Trail boss: When asked which event Olive enjoys most, Benringer had an immediate answer. "She loves trail!" Benringer exclaims. "She's an honest horse to show in general and loves her job, but in trail she always has her ears forward. She just gets so excited."

'Princess Olivia': "She's not your typical mare," Benringer explains. "She rarely gets moody and loves people. We do call her Princess Olivia, though, because she loves to be petted and pampered." Benringer confides that she often relaxes with her mare. "She takes a lot of naps," she says. "If she's lying in her stall, sometimes I'll lay or sit with her."

Apple a day: "Olive will do just about anything for a treat," Benringer shares with a laugh. But, she's particular. "She'll eat carrots and apples. But, the apples have to be cut up; she won't bite into a whole apple." Olive's so eager to earn a treat, Benringer shares, that she was able to teach her to bow in just a few tries. "I showed her what I wanted twice," she says with a laugh. "After that, almost every time I snap (her cue), she bows and then looks at me expectantly."

...Alexis Bennett



Tom Hagwood rides to his third Mustang Makeover win, this time aboard Tiny.

Mustang Event Hat Trick

In September, Tom Hagwood snagged his third win and a \$20,000 prize at the Fort Worth, Texas, Extreme Mustang Makeover. His mount this time was Tiny, a 5-year-old gelding gathered from the Jackies Butte, Oregon, BLM herd management area. Prior wins for the Torrington, Wyoming, rancher and horseman came in 2014 with Early Times, and in 2013 with Merv. The goal of the makeover events, where wild horses receive 100 days of gentling and training, is to increase the adoption of mustangs across the country (mustangheritagefoundation.org).

Pretty Pedigrees

Something snazzy: A custom, colorful four-generation pedigree chart for your horse, from Equine Office Solutions. You provide the photo of your horse and select a border (right).



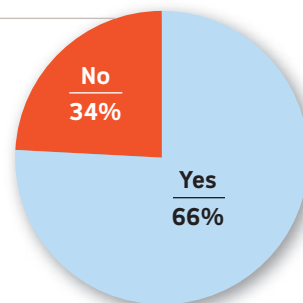
Handy for: Framing and hanging, featuring on Web sites, adding to marketing materials—or even as a gift.

Check 'em out: Go to equineofficesolutions.com and click on “Services” in the menu bar, then scroll down.

GALLOP POLL

Blanket in Winter?

We asked if any of your horses require blanketing in the wintertime. At right is a breakdown of the responses we received. (To participate in future polls, “like” us at our Facebook page.)



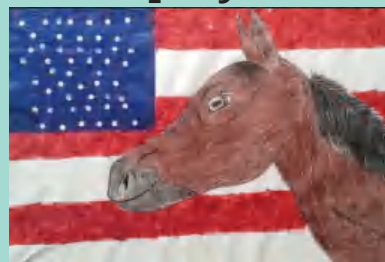
'NEW IMAGE, BRAND, LOOK'

50th

Anniversary year, in 2016, of the National Reining Horse Association. The group's 50th running of the prestigious NRHA Futurity, ongoing now through December 5 in Oklahoma City, kicks off the yearlong anniversary celebration (nrha.com).

Kid Art on Display

Student art rocks the Scharbauer Gallery through mid-January at the American Quarter Horse Hall of Fame & Museum in



Amarillo, Texas (with an opening reception December 8). The top 150 pieces will be featured; cash prizes go to the winning junior and high school students. For details, go to aqha.com and search “Youth Art Show.”

REPRESENTING US ALL

'Put more horsepower in Congress.'

...Catchphrase of the American Horse Council, the non-profit that lobbies on behalf of equine interests at our nation's capital. By becoming a member, you give more strength to the horse industry's voice (horsecouncil.org).



Know Your Horse

The challenge: Understanding what's inside your horse's body and how it works to keep him healthy.

A solution: Study this comprehensive *Illustrated Atlas of Clinical Equine Anatomy and Common Disorders of the Horse*, available at equinenetworkstore.com.

Q: What's that weird, embarrassing noise my gelding's sheath makes?

A: Vets aren't sure what causes this noise, which occurs more often in geldings than stallions, generally when the horse is in motion. Two tissue planes rubbing together within the sheath is one possible cause of this benign—but sometimes embarrassing—effect.

THIS FROG WON'T CROAK

2/3

Fraction representing the width of an ideal frog compared to its length. In other words, in a healthy, well-formed equine foot, the width of the frog at its base is about two-thirds of its length. By contrast, a long, skinny frog may not expand and contract properly. (See "Reading Feet" at HorseandRider.com.)

Riding in snow may warrant special attention to your horse's feet.



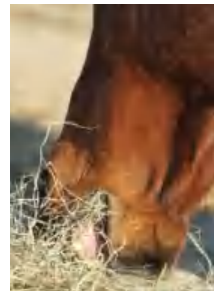
Ride in Snow? Consider Feet

If you ride your horse in snow, ask your hoof-care professional about the various ways of increasing traction and avoiding ice balls in feet. Options to keep snow and ice from accumulating include special hoof pads or the application of a nonstick agent (such as bacon grease or a commercial product) to soles. For added traction, ask about a hard-surfacing material (such as borium) applied to shoes, studs applied to shoes, the use of horseshoe nails with ribbed heads, or hoof boots with removable studs.

Clean Hay Protects Lungs

Every horse benefits from hay that's dust- and mold-free, but it's especially important for horses with respiratory problems. Soaking hay reduces dust, and commercial hay steamers can help eliminate mold spores. Feeding hay on the ground also limits the number of dust particles and mold spores your horse might breathe in while eating. (To read a Q&A on managing a cough-prone horse, see *Horsekeeping* on page 23.)

Source: Kentucky Equine Research



Pellets Up Salt Intake

The lowdown: New SmartSalt Pellets are a palatable way to help your horse meet his daily sodium needs and encourage normal drinking. (This is especially important in wintertime to keep his digestive system hydrated.)

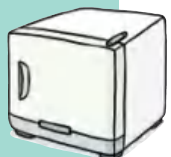
How it works: Each serving provides one ounce of salt in tasty apple/banana-flavored pellets even picky eaters love.

Learn more: Visit smartpak.com.



Frigid-Weather Tip

If your tack room is prone to occasional mild freezing, a dorm-sized refrigerator (set as warm as it will go, or even turned off) is a good place to store medications, ointments, and other items you don't want to freeze (juliegoodnight.com).





A rider with “feel” uses a subtle lift of the hand to ask her horse to soften at the poll.

SAGE SOLUTIONS

Find ‘Feel’ to Ride Better

“Using your reins too hard and abruptly, and bumping aggressively with your legs is like ‘yelling’ at your horse,” explains Versailles, Kentucky, veteran trainer Robin Gollehon. “Eventually he becomes oblivious to the yelling and you have to yell even louder.”

Find more of Gollehon’s tips at bit.ly/develop_feel in *The Thinking Rider* blog.

Ease Aches and Pains

From budget-minded buys to extravagant expenditures, be sure to check out the latest therapeutic options for your horse in this month’s installment of *Horse Gear*, page 54.

Serious Winter Warmth

If you get in the saddle even on the coldest days of winter, the Heritage Arctic Winter gloves might be your key to toasty hands.

The unique three-finger design allows you to have thumb and pinky control with the warmth of mittens, provided by 80 grams of 3M Thinsulate insulation. A pocket is perfectly sized for a hand-warmer packet or your ID. The touchscreen-friendly thumb tip allows you to answer your phone without removing the gloves.

More info: \$39.95; heritagegloves.com.



Mini Amigo

The problem: You’re looking for a quality winter blanket for your small pony or miniature-horse barn companion.

The ‘mini’ solution:

Horseware Ireland’s petite range.

Tiny turnouts: For blankets, choose the Amigo Hero 6 Petite Plus for chilly days or the Amigo Petite Cosy Stable for winter’s coldest chill. The Petite Amigo Show Rug will keep your small equine warm in the trailer. And, the Amigo Petite Jersey Cooler effectively wicks away moisture and provides warmth after a winter workout.

More info: Prices range from \$45 to \$130, depending on the cover; available in sizes 33 through 45; horseware.com.



Layer Smart to Stay Warm

The right combination of layers can keep you warm on winter rides. Use this chart to ensure that your winter-riding wardrobe performs so you stay comfortable in the saddle or at the barn doing chores.

Base Layer	Mid Layer	Insulating Layer	Outer Layer
Goes next to the skin; varies from light to heavy weight. Look for moisture-wicking fabric that dries quickly.	Goes over the base layer; offers a boost in warmth without adding bulk. Look for thin fabrics like Merino wool or polyester or a light vest.	Optional layer for very cold temps. Choose a fleece jacket or hoodie or a heavy wool sweater; a down-filled jacket is good for frigid weather.	Can include an outer jacket and pants to cover your jeans; blocks wind and repels moisture. Look for breathable fabrics and ventilation.

Q&A: Your Cough-Prone Horse

Here's what you can do to make life easier for a horse that's prone to coughing.

If your horse is prone to allergies and respiratory irritation, there are steps you can take to minimize the triggers that cause him to cough. Lindsey Moneta, DVM, a veterinarian with Pacific Crest Sporthorse in Oregon City, Oregon, answers our questions on this important horsekeeping topic.

His environment matters, right?

Yes! Your horse's living quarters can be a major aggravator of a chronic cough. If your horse lives in a stall, is it stuffy? Dusty? Smelly? If it bothers you after a few minutes, imagine how your horse feels living there. Stalls and pens should be cleaned thoroughly and frequently. Reduce the amount of dust your horse inhales by bedding with wood pellets rather than shavings or sawdust, turning him out before cleaning his stall and barn aisles, and keeping dirt aisles watered.

An environment change can also be beneficial. If your horse's cough worsens in the winter when he's confined to a barn, he may need more free access to the outdoors. The opposite may be true in the summer, when he's normally turned out more—his cough may improve if he spends more time in a well-ventilated barn.

What about arena dust?

That's especially troublesome because your horse's lungs work their hardest when you're riding him. To lessen dust and allergens, work him only on a well-watered arena, or at least schedule your rides when there are fewer other horses around to stir up the dust. On a group trail ride, arrange to ride at or near the front of the group.

Limit your horse's activity on windy days when allergens are more likely to spread. Consider the general air quality, too; for example, if you can smell or see smoke even from a distant wildfire, minimize your horse's exercise to avoid stressing his lungs.

Does his feed play a role?

Yes—respiratory irritants can lurk in your horse's feed. Inspect



A low-dust riding arena benefits all horses, but especially those that may be prone to coughing and respiratory irritation.

hay to ensure that it's free of mold and low on dust. Even high-quality hay can get dusty; wetting or soaking it before feeding can reduce dust. Make sure plentiful, clean water is available near your horse's feeding area. Place feed on mats or in feeders on the ground rather than in mangers or nets at or above head level; this enables gravity to encourage a natural, ongoing clearing of the respiratory tract.

When trailering long distances, remove hay and bedding from the trailer to minimize air-blown dust; instead, feed hay at rest stops. If you must provide hay during transit, wet it thoroughly beforehand and re-dampen as needed along the way.

What else will help?

A supplement rich in omega-3 fatty acids can help the allergy-prone horse. Many flax-based products marketed for skin and coat health can also be of benefit. Ask your veterinarian what might be best for your horse.

Some horses also respond favorably to over-the-counter human allergy medications such as Benadryl or Zyrtec; consider these during particularly troublesome times of the year (your vet can advise you on dosing). If your horse is a more severe case, he may require prescribed medications to reduce inflammation and dilate his airways. □

When to Do More

A frequent cough or one accompanied by nasal discharge, increased respiratory rate or effort, decreased appetite, exercise intolerance, lethargy, or fever should prompt a call to your vet, as these signs may indicate a more severe respiratory disease. Abnormal noises accompanying your horse's breathing—such as roaring or wheezing—may also require additional interventions to keep your horse healthy and breathing easily.

HorseandRider.com

Review "Horse Heaves Symptoms and Treatment" at the Web site.

The Envy headstall and breast collar set from Heritage Brand features black embossed gator with handsome copper finishes—a smart look for any coat color.



Mix 'N Match

Choose the breast collar, the headstall, or both from Heritage Brand's Envy collection for a look that'll get you noticed. The black embossed gator-hide base with copper finishes is an attractive combination for any coat color, and the Swarovski crystals add some sparkle.

More info: \$195 for the headstall, \$240 for the breast collar; (855) 389-9889; heritagebrand.com.

Glam-Girl Gifts

What it is: Kids' rodeo belt.

Why we like it: The sassy-yet-adorable floral belt from Rodeo Quincy can doll up any outfit with its bright colors and bold metallic whipstitch edge.

Bonus: Pick one up for the little cowgirl in the family, then find an adult version for yourself.

More info: \$99; rodeoquincy.com.



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More info: \$450; (866) 395-8735; oldgringo boots.com.



Be Seen in 2016

Whether you're splurging on a custom-designed show top for the upcoming season or have opted to do it yourself, keep these tips in mind as you plan your attire.

Follow the trends. Find inspiration from everyday fashion. Fringe, bright colors, stripes, floral, and denim are all in right now. Incorporate these flourishes into your design for a fashion-forward look.

Classic's always classic. Traditional styles never go out of favor. Avoid updating your closet each season by sticking to simple, timeless designs, such as solids, simple patterns, and neutral colors.

Mind fit. An ill-fitting top, no matter how gorgeous it is, will detract from your overall look. Have tops tailored to fit, and shirt bottoms finished so they can double as jackets.

WE LOVE: TAIL COVERS

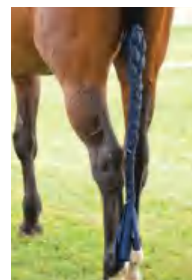
Looking for a stocking stuffer for the horse lover in your family? A stylish tail wrap or bag is sure to do the trick!



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Style: Ultraflex lycra tail bag.

More info: \$5.99; sstack.com.



SmartPak

Style: Stretchies tail wrap.

More info: \$24.95; smartpakequine.com.



Tough-1

Style: Lycra braid-in tail bag.

More info: \$17.88; jtist.com.

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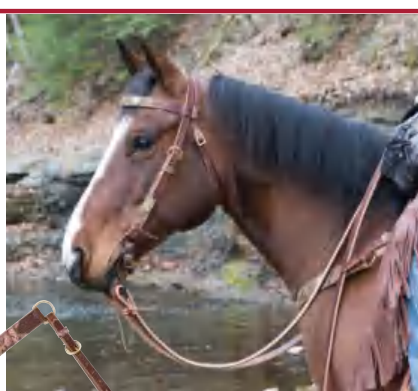
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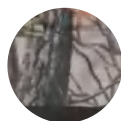
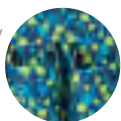
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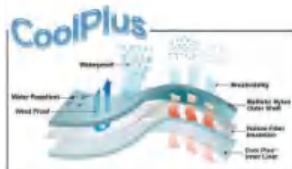
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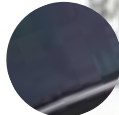
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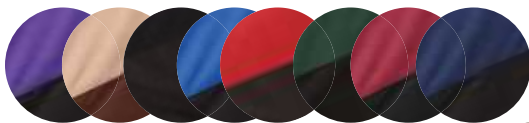


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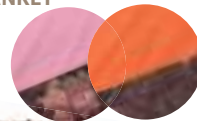


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Stretch It Out

Master gait extension by understanding what it means and how to ask your horse to lengthen his stride for extended gaits.

By Laurel Walker Denton,
With Jennifer Paulson
Photos by Jennifer Paulson

I commonly see two related misconceptions about extended gaits, both as a judge and a trainer: Extensions equate with going faster, and they're only needed if you want to add speed to your horse's repertoire. Those two ideas couldn't be farther from the truth.

First, a gait extension is a lengthening of the stride. Sure, your horse winds up traveling a bit faster in the process, but the longer stride is key. Adding speed could simply mean a bunch of fast, jarring steps; whereas an extended gait has long, sweeping strides, whether at the walk, trot, or lope. Second, the ability to extend your horse's stride is just as crucial as a lead change or backing up—it's a core skill for your horse to possess both in and out of the competitive arena.

Here, I'll explain gait extension and how to achieve it. To start, I suggest riding in a snaffle bit with two hands. The horse I'm riding is highly trained and has progressed to a curb bit with romal reins. I'll use two hands when necessary to achieve collection. →



Practice Pen

PRIVATE LESSON



1 For comparison, let's first discuss what a regular jog looks like. In this two-beat gait, my horse's left hind and right front are hitting the ground at the same time, indicating solid cadence. My horse's ears-up, eyes-forward expression shows that he's alert and listening for my cues. His head and neck carriage is consistent with his conformation, and therefore is in a natural position. His natural, unaltered tail carriage complements his appearance as well as provides necessary balance as he travels.

2 This photo shows some extension. Depending on a horse's conformation, this might be as much as he can stretch his trot. An athletic horse with a nice, sloping shoulder; a short croup; and low hocks will be able to achieve optimal extension. If he's straighter-shouldered and built

more upward in front, with long cannon bones, he'll have a harder time being fluid in his movement. I work with each horse individually to find his extension potential and show it off to the horse's best ability.

3 You can't miss the extension of my horse's stride in this photo. Note that his head, neck, and tail carriage are similar to the shorter-strided pace—that carriage is natural for him and provides him with the best balance as he travels. His natural self-carriage, including his tail, helps him achieve this great length of stride while being comfortable to ride. If you compete in ranch riding or classes that call for extended gaits, you don't want the judge to ask himself, "Did she extend her horse's trot?" You want it to be a black-and-white—and, hopefully, credit-earning—maneuver. If you don't compete, smooth, stretched-



ing this collection. This, in combination with driving my horse forward with my seat and legs, encourages the impulsion and drive necessary to lengthen his stride rather than just speed it up.

6 When it's all put together, my horse reaches far in front of him with his extending leg, pointing his toe to get the most extension possible. His left-hind foot reaches far underneath his barrel, demonstrating the strong impulsion from behind. He's flexing at the poll, which helps round his back in collaboration with the rear-end impulsion. Once he can extend his gait in this frame, I'll turn him loose to achieve full extension with balanced, natural self-carriage and drive from behind.

7 If you're competing in ranch riding, you can either sit the trot, as I am here, or post (as long as you're on the correct diagonal) or ride in a two-point position (with or without holding the horn). Whatever you choose, just be sure that you're not too vertical or rigid, because you risk losing the connection with your horse. □

out extended gaits provide efficiency and comfort on trail rides, while moving cattle, or in any riding situation.

4 To achieve the desired extension—not just a quicker step—requires work and focus. I combine two elements to extend gaits with collection: driving my horse forward and collecting him with the bridle. In this driving photo, note that I'm riding “behind the motion”—that is, I'm driving my horse from back to front with my seat. I use a lot of leg pressure to encourage his forward motion and drive him into the bridle (the next step).

5 As I drive my horse forward, riding from back to front, I take light contact on his face. Here, I'm using a curb bit, but I'd suggest a snaffle for a horse that's just learn-



Laurel Walker Denton, Skull Valley, Arizona, is a lifelong horsewoman and competitor. She grew up on the Bar U Bar Ranch where she and her husband, Barry, reside. Denton, an AQHA and NRCHA judge, has trained and shown horses to great success in working cow horse, reining, and ranch riding. The Bar U Bar Ranch has earned the AQHA 50-Year Breeder award. Learn more about her program at barubar.com.



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CONFORMATION CLINIC

Evaluate the conformation of these aged APHA geldings and place them in your order of preference. Then see how your choices match up with our expert judge's.

Don Beard



Beard of Cheyenne, Wyoming, is a carded judge with the Paint, Appaloosa, Pinto, American Standardbred, and Pony of the Americas breed associations, as well as with the World Conformation Horse and National Snaffle Bit associations. He's judged the Paint, Pinto, and Appaloosa

world championships as well as other premier events.

He's been an APHA director/alternate for the past 25 years and is the current chairperson of the association's Long Range Planning committee. He's spent over 20 years as the president of the Wyoming Paint Horse Club. As a trainer of halter and all-around horses, he's been involved with, trained, and/or shown world and local futurity champions.

The first thing I look for in a horse is balance. He should flow together, rather than have each third of his body look as if it belongs to a different horse. I then assess a horse's structural correctness. He should have good slope to his shoulders; a high, neat neck-to-shoulder tie-in; a short, strong back; good depth of heart; and good length and slope to his hips. A clean throatlatch that allows him to bridle-up and maintain vertical collection is important for performance purposes.

After balance and structure, I look at a horse's quality, which includes muscling and sex characteristics. A gelding should be adequately muscled throughout, but especially in his forearms and stifles. He should have enough muscle volume in his hind end that, when viewed from behind, his widest point is from stifle to stifle. He should also have a friendly, attentive expression to his face.

I approach each horse from a positive perspective, looking for quality characteristics in each. Then I place horses based on the highest combination of positive traits present in each horse. This class was especially difficult to judge because Gelding B and C have a similar body type, whereas Gelding A is built more like a hunter-over-fences horse, though this didn't affect placing. →



Practice Pen

CONFORMATION CLINIC

First: Gelding C

This gelding has the highest combination of positive traits in this group. He's the most balanced. The nice slope to his shoulders is complemented by long, well-sloped hips. He's also strongest over the loin. His neck ties in well and high to his shoulder. He's clean in the throatlatch, which will enable him to get collected and flex at the poll. This gelding doesn't

have any major structural faults, though he does appear to be straighter in his front pasterns than I prefer. Ideally his pasterns' angle would match the angle of his shoulders. From this photo it appears that he's also unlevel from withers to croup and from knees to hocks, which likely causes him to be a front-end heavy mover.

Gelding C has good overall quality



and adequate muscling throughout. Finally, he has an alert, attentive expression and attractive head.

Second: Gelding A

Overall, he's a well-structured horse. He's set up in a more open position in this photo, which shows off his legs. They're correct, and he has even better slope to his front pasterns than the first-place gelding. He's also leveler from withers to croup and from knees to hocks; a horse that's level will be smoother and better able to engage his hind end. He has good slope to his

shoulders, though I'd like to see similar slope to his hips for improved balance. He lacks the overall balance of Gelding C. I'd also like to see a cleaner throatlatch and higher neck-to-shoulder tie-in for improved performance usability. His hocks are set out farther than I prefer, though it could be how he's positioned in this photo.

This gelding has good expression and



is presented well. He lacks the muscle definition of Gelding C, which detracts from his overall look.

Third: Gelding B

This gelding lacks the overall balance present in the other two horses. To be fair, though, his color makes him more difficult to judge. Gelding B has long, well-sloped shoulders, and his neck ties in nicely. The angles of his pasterns match the slope of his shoulders well. He lacks the length and slope in his hips that I'd like to see, and especially in comparison to the struc-

ture of his shoulders. These two angles should be complementary for good overall balance. His throatlatch could be tighter to allow him to get collected in the bridle. This gelding doesn't have any major structural faults. His legs are clean and well balance. He's level from his withers to his croup and from his knees to his hocks.

He's a friendly looking gelding with



short ears and an attentive expression. His overall quality of muscling is good and his forearms have definition.

To submit a photo of your horse to be evaluated in *Conformation Clinic*, send us a left-side profile photo of your horse (for digital photos: high-resolution, 300 dpi, in at least 3" x 5") to HorseandRider@aimmedia.com with your contact info and your horse's breed, age, gender, and height. (We welcome all breeds!) Visit HorseandRider.com for additional instructions.

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TACK TALK

Cued in With a Cavesson

Use this headgear to up your training game and get your horse honed in on your cues.

By **Al Dunning**,
With **Alexis Bennett**

A well-trained horse will respond to a bit while keeping his mouth closed. If he doesn't, a cavesson may be used as a training tool to increase your horse's acceptance of the bit and encourage better response. Placed beneath your bridle, a cavesson consists of a hanger and noseband, and provides just enough space for your horse to open his mouth, but not so much that he can avoid your riding signals. This teaches him to keep his mouth closed as he responds. He'll learn to be more receptive to your signals, which will result in improved performance and an enhanced relationship between you and your horse. Remember, though, a cavesson is a training aid, and soft hands and sound horsemanship should precede its use.

Here you'll learn how to properly fit a cavesson, then about a few styles available and how to care for them so you can best use this tool. Note: Your horse should

be well broke and comfortable in the bit before this tool is used; it's not to be used as a crutch for inadequate training.

Fit

To properly adjust your cavesson, move the buckle on the strap of the hanger up or down so that the noseband sits slightly above the bridge of your horse's nose. A too-low noseband can inhibit his air passageway or make him feel trapped. Correct adjustment will ensure that the piece won't interfere with, or bind to, the bit. The hanger should be adjusted vertically on his head so it's comfortable and not too near his eyes.

The noseband may or may not be adjustable, depending on the style and material used. With a fixed noseband (such as a rawhide or rope piece, not pictured), make sure the circumference fits your horse's nose first, and then adjust the hanger. For adjustable nosebands, make proper-fit adjustments using the buckle on the underside of the band. The noseband shouldn't be so tight that your horse can't open his mouth at all. For example, the "Flat Leather Noseband" photo (below-middle) shows a poorly fitted cavesson. The noseband is a little tighter, and

the hanger a little higher than I prefer to see. Instead, the noseband should be fitted more similarly to the "Round Leather Noseband" photo with enough freedom beneath his jaw that he can make a mistake. A good rule of thumb is to provide a finger-width space between your horse's face and the noseband, and even more room when you're first introducing the cavesson.

Styles

A cavesson is made up of two parts: the hanger and the noseband. The hanger is made of soft, latigo-type leather, while the noseband can be found in various materials. Typically it's comprised of a single piece of material.

When choosing the appropriate style and material, first determine the level of reinforcement that'll be most effective for and acceptable to your horse. And then, get to know his preference.

Elastic is a lighter material option for a horse that's a little intimidated by a cavesson. It's a combo piece that features elastic on the bridge of his nose and leather underneath, and is a mild reminder to him to keep his mouth closed and not resist the bit. Even if this noseband's adjusted a little snugly against

Elastic Noseband



Flat Leather Noseband



Round Leather Noseband



your horse's nose, the elastic has give, so he won't feel trapped.

Leather is the most common material used and is available in different thicknesses and shapes. It's durable, easy to maintain, and has the best look. It's found in flat and round versions. A *flat noseband* is the mildest cavesson option. Unlike elastic, it needs to be adjusted around his nose more loosely, but it has less give, so he'll still be reminded to keep his mouth closed. A *round noseband* has more reinforcement than either the flat leather or elastic noseband. The feel is similar to a bosal, so a horse that's been ridden in a two-rein setup will likely feel most comfortable in it.

Rawhide and **nylon** are stiffer options with more traditional looks. They're often not adjustable and can be found entirely rawhide (or nylon or rope) or mostly rawhide with leather covering along the bridge of the nose. The stiffer construction delivers a stronger reinforcement and should be even more carefully adjusted so as to not cause your horse to feel constrained or to excessively rub his nose.

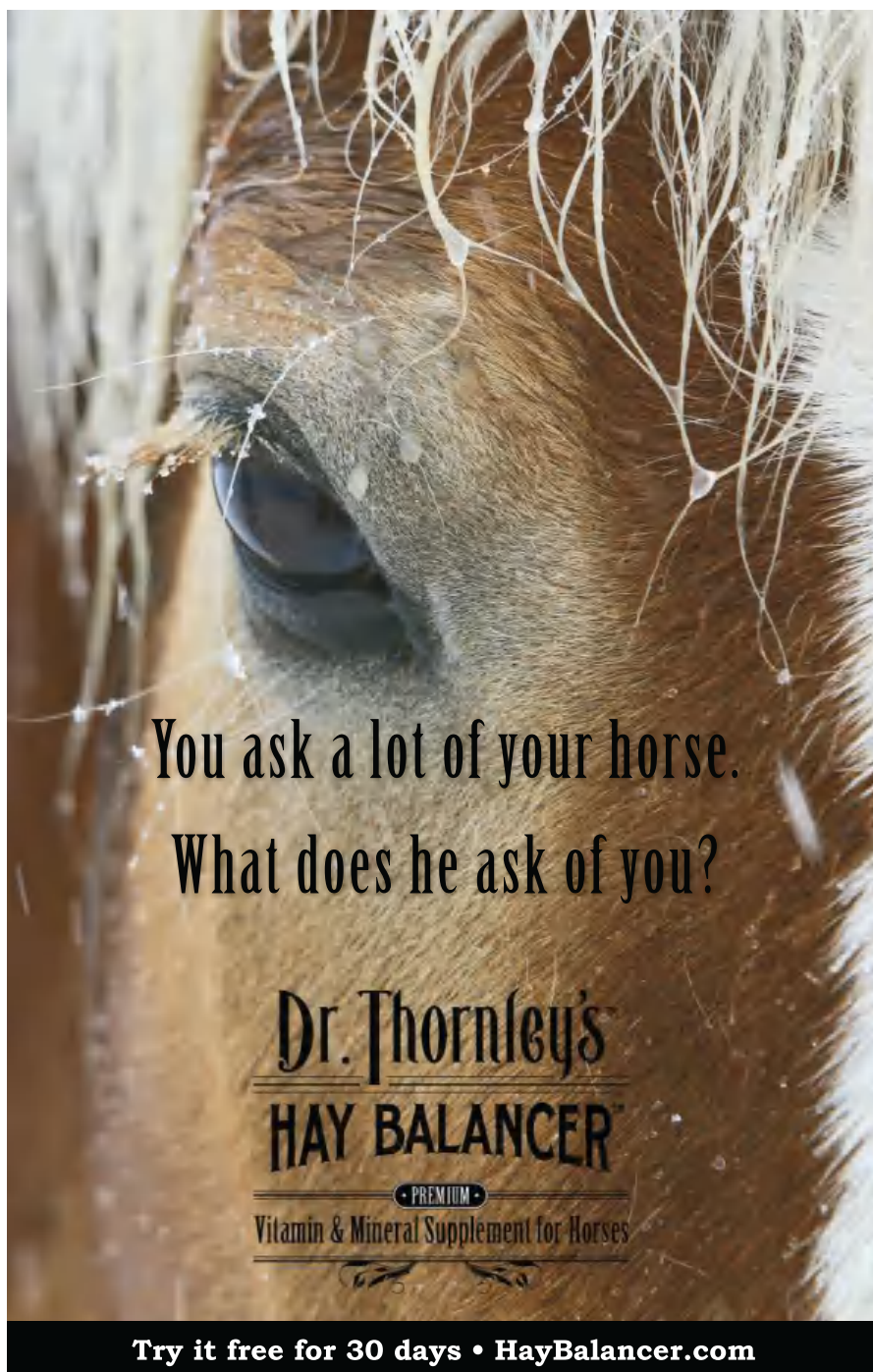
Care

Because cavessons aren't an everyday riding item, they tend to last when well cared for. Regularly brush or wipe off, and keep leather pieces oiled to ensure that they stay supple. If the hanger or noseband becomes hard or cracked, or if the buckle becomes difficult to adjust, replace these pieces. Otherwise, cavessons are long-lasting items and rarely need replacement. □



Al Dunning, Scottsdale, Arizona, has produced world champion horses and riders in multiple disciplines. He's been a professional trainer

for more than 40 years, and his expertise has led him to produce books, DVDs, and his own online mentoring program, Team AD International (teamadinternational.com).



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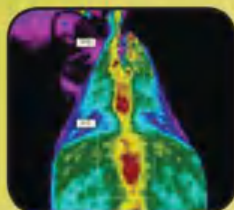


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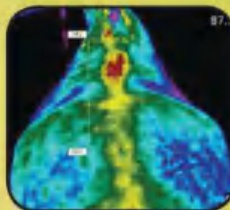
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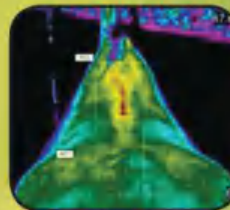
Baseline:

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in red & yellow



Day 7:

Reduced inflammation;
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7 Weeks:

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* Study by Joanna Robson DVM,
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^{*}Currently, there are no vaccines available with USDA-licensed label claims against equine abortions, uveitis or acute renal failure due to *L. pomona*.

¹ DATA ON FILE, STUDY REPORT NO. B850R-US-12-011, ZOETIS INC.

² DATA ON FILE, STUDY REPORT NO. B951R-US-13-043, ZOETIS INC.

³ DATA ON FILE, STUDY REPORT NO. B951R-US-13-046, ZOETIS INC.

Horse&**Rider**

What were the
best moments,
movements, and
milestones of
2015? Read on
to find our picks.

Best 2015

WHAT'S GOOD IN THE HORSE WORLD? We hear so much about the negative, but there are many positive things happening for horse owners and the horses themselves. It's time to celebrate the industry-shaping, can't-stop-laughing (or crying), unforgettable moments, movements, and milestones. Here we present our top picks, five categories that you voted on via Facebook, and sponsor picks—all to recognize what's going right and anticipate what's to come for our horse lives.



Best Viral Video: 'Showmanship Lesson'

"Walk with a purpose!" chided youth exhibitor Avery Mortman of Spring, Texas. Her no-nonsense showmanship lesson given to RODEO-HOUSTON Unplugged personality (and non-horseman) Mark O'Shea had everyone in our office in hysterics. The video, posted to the event's Facebook page, was viewed almost 100,000 times and shared more than 1,000 times—and that's just on the RODEOHOUSTON page.

O'Shea gamely went along with Mortman's advice while leading the young rider's mare, named Grace. Mortman coached O'Shea through walking and trotting on the lead, as well as pivots. Her well-trained mare took good care of O'Shea, as he practiced "walking on eggshells" to quiet his footfalls and "carrying a tray" on his arms to keep them square and steady.

We think we need to find Mortman for an upcoming installment of *Private Lesson*; we're sure she has some super drills to keep herself and her horse tuned up and winning. Find the video at HorseandRider.com this month. →

Sponsor Pick:
Blue Ox Towing Systems



Best Way to Continue a Winning Tradition: Cade McCutcheon Wins the NRHA Non-Pro Derby

There's no end in sight to the winning ways of the reining dynasty consisting of the McQuay and McCutcheon families. Following in the footsteps of his father, NRHA \$1 Million Rider trainer Tom McCutcheon; his mother, \$2 Million Rider non-pro Mandy McCutcheon; and his maternal grandfather, \$3 Million Rider trainer Tim McQuay, 15-year-old Cade McCutcheon became the youngest rider to win the NRHA Derby in June.

With more than \$100,000 in lifetime earnings in his relatively short career, Cade gives top non-pros a run for their money—including his mother. For his Derby win, Cade rode Custom Made Gun, owned by his grandfather, to a score of 219. Be on the lookout for Cade at the NRHA Futurity in December and on into the future. He aspires to follow in his father's and grandfather's footsteps and become a successful trainer.



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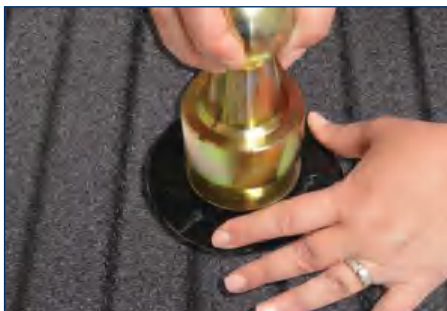
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Best Act of Kindness by *H&R* Readers: **Cheering Mary Homicz**

H&R's July-issue *Your Stories* department featured Mary Homicz, the plucky youngster who, at age 12, is already a veteran of Northern California endurance rides and state horsemanship and royalty contests. A note at the end of her story revealed Mary had just been diagnosed with bone cancer; her mother said letters from fellow equestrians would cheer her during treatment.

Well—did you ever respond! Mary received a flood of cards, letters, and gifts. “I can’t tell you how much it’s meant to her,” reported her mother at press time. Mary’s treatments are ongoing, and though she’s been “an incredible trouper” so far, boredom—because she can’t yet ride—continues to be a problem.

So feel free to keep the encouragement flowing her way: Mary Homicz, P.O. Box 581, Weaverville, CA 96093. (Find Mary’s story online at HorseandRider.com.) →

Reader Pick:

Best Horse-Event Snack

Something from my own cooler: Fewer calories and less expensive! –100%

Sweets from a specialty concession stand:

Cinnamon roll, please! – 0%

Hamburgers and hot dogs from the grill: Mmmm, protein. – 0%



Sponsor Pick: Purina

Best Fresh Start for OTTBs

For racehorses that “retire” at a young age, finding new homes isn’t easy. But 12 Off the Track Thoroughbreds adopted by Purina Animal Nutrition are enjoying new careers as “study horses” for testing how nutrition affects exercise performance. The horses’ natural speed and athleticism are important for this work, which lets them do what they do best: run. Only this time, it’s not on a track; it’s on a specialized treadmill.

The horses came from rescue groups and private owners at the racetrack. Some had been previously acquired from auctions, where their fate was unclear. Once the exercise study is completed in 2016, they’ll stay on the Purina farm and graze to their hearts’ content until the next study begins. These horses are getting a second chance at life and careers—and helping others in the process.

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Best Tribute to Tradition: 'Down the Fence' Documentary

There's little that's more "Western" than the iconic reined cow horse. The treasured process of taking a horse from a snaffle to a hackamore to a two-rein setup and finally into the bridle requires a skilled horseman who truly understands the art that goes into making one of these "iron horses."

All of that tradition, history, and horsemanship is being documented in the film "Down the Fence" (downthefencemovie.com). Produced by MJ Isakson, the documentary is a labor of love that's close to her heart after she spent six years immersing herself in the cow horse community. The movie chronicles a year in the life of horsemen preparing their mounts for the National Reined Cow Horse Association Snaffle Bit Futurity, as well as documenting the sport's history and community.

"I don't stay up at night worrying what movie critics will say about the movie," Isakson shares. "I'm awake worrying about what the trainers are going to think."

Given that kind of dedication to telling the story, this sounds like a can't-miss movie. It's set to be released in 2016 and is the directorial debut for Isakson and Lori Adamski-Peek. We'll keep you in the loop about where and when you can enjoy it. →



Sponsor Pick: Cinch Jeans

Best Worldwide Boom: Reining Events

"The reining is gigantic," shares Bob Avila. "Every show we go to is big. The NRHA has done things that work, and other associations are trying their tactics, but they're not necessarily finding success."

So is the secret in the sliding stop?

"We attended an NRHA show in Vegas that had green-rider classes with 100 entries, and it wasn't just one class like that," Avila explains. "They were every day, all day long. It's exciting, and it's worldwide. There are a lot of countries where you can't rope cattle, you can't get cows for the cow horse or cutting, and halter and Western pleasure don't interest them. Reining doesn't require cattle or even extra help from other riders, and there's a level for everyone."

Reader Pick:

Best Event for Shopping
Equine Affaire: All breeds, all disciplines; I want to browse all of it! – **50%**

All American Quarter Horse

Congress: The best place to stock up on dewormer for the year and order custom chaps. – **33%**

National Finals Rodeo: Bring on aisles and aisles of tack, clothing, décor, and everything else imaginable. – **17%**



AT HOME ON THE RANGE

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Best Emerging Event: **Red-Shirt Futurity**

In a move to give slower-maturing reining horses a high-stakes event to showcase their talents, the concept of “red-shirt futurities” for 4-year-olds is gaining steam. One high-profile example is the Wild Card Reining Challenge, which is being produced by Brumley Management Group and will take place May 25–29, 2016, in Las Vegas at the South Point Event and Equestrian center.

Horses shown at this event can’t have competed at the National Reining Horse Association Futurity in December (for 3-year-olds). “The purpose is to establish longevity,” says Brumley Management Group president Amanda Brumley. “We can level the playing field for these horses and allow them to progress in their training rather than pushing them to be ready in December for the big futurity. We see it as a benefit to all facets of the industry, from the breeders to the exhibitors to the trainers and, especially, the horses.”

Best Quote

If our industry is to survive and prosper, [drugging of horses] cannot and will not be tolerated—whether that’s on the racetrack, in the show pen, or any other arena where our horses perform.

—AQHA Past President Johnny Trotter when he addressed the AQHA Convention in March. →

Reader Pick:

Best Venue to Attend an Event/Compete At

South Point Arena and Equestrian Center, Las Vegas, Nevada: Climate-controlled from my room to my stall to the arena. – **60%**

Will Rogers Memorial Center, Fort Worth, Texas: The history at this venue makes it an experience. – **40%**



Sponsor Pick: Nutrena

Best Way to Earn \$4 Million Before You’re 40: **Andrea Fappani Hits a Milestone**

Intense focus. Competitive spirit. Exceptional horses. All three elements came together earlier this year to allow Andrea Fappani to become a National Reining Horse Association \$4 Million Rider. His training program relies on consistency and a solid foundation from the time he starts a horse and on through the animal’s competitive show career.

“My goal isn’t to win more money, but to always get better at what I do,” Fappani states. “I think the secret is to get out of bed every morning and try to do a better job than you did the day before.”



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Best Second-Career Success Story: Smokey, the Racetrack Pony Horse

Smokey the Pony, aka the Buckskin Bodyguard, *almost* eclipsed his racetrack charge, American Pharoah, in terms of media coverage during the 2015 Triple Crown season. In person and via TV and computer screens across the country, horse enthusiasts old and new couldn't wait to get a glimpse of the good-looking gelding.

Registered with AQHA as This Whiz Shines, the former reiner now serves as a favorite pony horse for Triple Crown-winning trainer Bob Baffert. During the spring's racetrack media blitz, Baffert commented that the 6-year-old gelding is a favorite of his, and he even rubs the horse's forelock for good luck. Smokey's own Facebook page documented his public appearances, trips from one race to the next aboard Air Horse One, and antics around the barn. He even had his own T-shirt line that said, "Smokey for President." →



Sponsor Pick: Tough-I

Best Way to Show Your True Colors: Wild-to-Mild Fabrics

Whether you're in love with purple, paisley, and sparkle or a conservative hunter green is more your style, today's horse-apparel options are limitless. Blankets, coolers, sheets, fly masks, leg wraps, tail bags—even grooming totes, hay bags, and tack carriers—represent you and make a statement that no one will forget.

The best part: Going with a trendy color or pattern doesn't mean you have to sacrifice quality or features in your horse clothing. (Unlike some fashion trends for people!) With the rise in demand for edgy fabrics, blanket makers have upped their offerings in their most popular, best rated styles. If you're in the market for a new blanket, be sure to visit **HorseandRider.com** this month, where we'll help you find the perfect blanket for your horse's living conditions that still lives up to your style requirements.



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Best ‘Make It Work’ Moment: John Ward’s Equipment Malfunction

When he walked into the herd at the National Reined Cow Horse Association Stallion Stakes this spring, long-time pro John Ward had no intention of cutting bridleless. But that’s exactly what he did when his headstall broke while working his first cow in the open preliminary round. The California trainer realized what happened as he headed back to the herd for his second cow, so at least

he was prepared when he dropped his hand to work the cow with the bridle hanging below his horse’s neck.

Ward and Smashingly Smart worked all three cows and marked a 213.5 to boot. After his run, Ward deadpanned, “I don’t like it when something new happens in the show pen.” But he sure made the best of this situation. See the video at HorseandRider.com this month. →



Sponsor Pick: The Mustang Heritage Foundation

Best Rescue Effort: Homes for Mustangs

Since 2007, the Mustang Heritage Foundation has placed more than 6,000 American Mustangs into private care through training and gentling programs, such as the Extreme Mustang Makeover and the Trainer Incentive Program (TIP). These events showcase the recognized value and trainability of wild horses.

This year, MHF also announced its America’s Mustang Campaign in conjunction with the Bureau of Land Management. The mission: To celebrate the wild mustang and educate Americans about them through a series of community events and partnerships.

“We want to provide the opportunity for the public to become educated on what the mustangs need, and how we can all help to support, adopt, or even purchase one of our own,” says Kali Sublett, executive director of the Mustang Heritage Foundation, mustangheritagefoundation.org.

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Best Horsekeeping Trend: **Nutrition & Turnout**

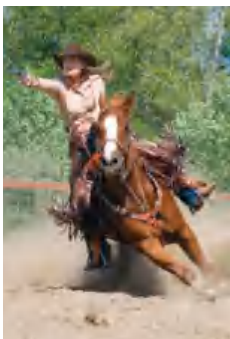
Two horse-care trends earn top marks: feeding a low-sugar/high-fiber diet and providing more turnout time. You've seen both touted in past issues of *H&R* in our *Health*, *Horsekeeping*, and *Whole Horse* departments. Visit HorseandRider.com this month for a selection of our best tips. →

Sponsor Pick: Circle Y

Best International Ambassador for an Emerging Sport: **Kenda Lenseigne Shoots in France**

You might not think of France and then immediately think, “cowboy mounted shooting.” But thanks to the efforts of superstar competitor Kenda Lenseigne, the French—as well as other Europeans—have become infatuated with the sport.

The four-time Cowboy Mounted Shooting Association World Champion conducts clinics abroad to plant the seed of interest. It's not a hard sell to Europeans, who relish all things Western and cowboy. After traveling to France the past four years for exhibitions and clinics, Lenseigne has helped drive interest to the point that the CMSA is in the works to approve the first-ever French mounted shooting club. “It's a way to grow the sport and provide a positive, responsible experience with using firearms,” Lenseigne shares.



Reader Pick:

Best Barnyard Buddy

A mini donkey: Resilient and entertaining; I love looking out in the pasture to see my long-ear grazing with my horse. – **77%**

A goat: Less expensive and easier to keep than another horse companion, but with all the perks of having a buddy. – **33%**



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Best News for Collegiate Riders: NCAA Retains Equestrian

One year ago, riders competing on NCAA collegiate equestrian teams didn't know if they'd lose their programs, not to mention scholarships. After tireless work on behalf of the talented riders, the NCAA agreed to abandon their motion to remove women's equestrian programs and will continue to research the sport's viability as an emerging sport within the NCAA. →



Sponsor Pick: ADM Nutrition Best Event to Look Forward to in 2016: **Anderson Returns to Road to the Horse**

Two-time champion Clinton Anderson, Stephenville, Texas, will return to the Road to the Horse competitors' list in 2016, taking on first-timer Nick Dowers and past champ and event commentator Richard Winters, both from Nevada.

Anderson's first win, in 2003, came under the event moniker of El Camino Del Caballo in Fort Worth, where Anderson competed against noted clinicians John Lyons and Curt Pate. The second victory for Anderson, in 2005, occurred in Murfreesboro, Tennessee, where he competed against Van Hargis and Craig Cameron in a closely contested competition.

"Road to the Horse is an event that I always look forward to participating in," Anderson shares. "I enjoy working with the horse, educating the crowd, and stepping up to the event's challenges. I'm excited to work alongside two great horsemen in the 2016 event. I have the utmost respect for Nick Dowers and Richard Winters."



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—Clinton Anderson,
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Best Movement to Build the Industry: ‘Time to Ride’ Initiative

What’s the best way to raise interest and participation in horse events? Get newcomers in the saddle. How do we do that? Encourage stable owners and managers to open their barn doors and arena gates to anyone who’d like to try riding a horse.

In its second year, the Time to Ride (timetoride.com) initiative connects American families to local horse opportunities. A challenge element measuring attendance at each participating barn’s sanctioned event allows stables of different sizes to compete for funds to improve their barns, lesson programs, and community outreach. The organization reports that 2015 numbers are up a whopping 35 to 40 percent.

“As of September 24, over 29,000 newcomers have been introduced to horses through challenge-hosted horse experiences, and we expect a 35- to 40-percent increase over 2014’s total once the final results are tallied,” reported Patti Colbert, Time to Ride spokesperson. “Time to Ride is also dedicated to helping these stables turn new horse enthusiasts into committed students, riders, and eventually horse owners and active participants in our industry.” □



Sponsor Pick: Noble Outfitters

Best Mother/ Daughter Win: Lisa & Alyssa Lockhart’s Winning Weekend

Lisa Lockhart, Women’s Professional Rodeo Association barrel racer and perennial National Finals Rodeo competitor, achieves great success in her own career while supporting her kids’ rodeo ambitions. This summer, she and daughter Alyssa celebrated monumental wins back-to-back on one weekend.

While on her Cowboy Christmas summer run, Lisa drove all night to Pueblo, Colorado, to watch Alyssa compete in the National Little Britches Rodeo Association Finals on Saturday, July 25. She arrived at the grounds in time to see Alyssa win the senior girls’ barrel racing world championship.

After posing for photos and grabbing Alyssa’s trophy saddle, Lisa loaded up her family to drive to Cheyenne, Wyoming, so she could compete in the short round of Cheyenne Frontier Days, where she won the barrel racing average title, making for quite the mother/daughter weekend.



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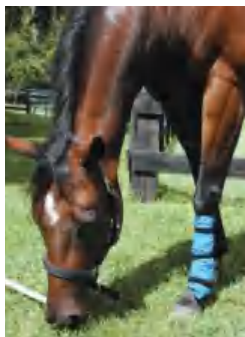
Maker: Equi Cool Down.

Why buy: Apply the wrap to alleviate leg heat or inflammation; add water and it becomes 22 degrees cooler than outside temperatures.

Cool feature: The reusable, washable wrap is sold in pairs and is hyper-evaporative, so there's no mess.

More info: (863) 703-2665; equicooldown.com.

Price: \$39.99



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Model: MagnaCU mesh blanket.

Maker: PHT Magnetics.

Why buy: Magnets inside the blanket target acupuncture points to alleviate soreness, and copper ions transfer heat and encourage quick healing.

Cool feature: Magnet-with-copper and magnet-only options are available for other areas of the body.

More info: (806) 418-5641; phtproducts.com.

Price: \$515



MANAGE MUSCLES

Model: Thumper equine pro.

Maker: Thumper Massager Inc.

Why buy: The light and easy-to-wield massager allows you to relieve tension and tightness in your horse's tired or sore muscles.

Cool feature: The large-surface-area model is convenient for equines, but smaller versions are available.

More info: (800) 848-6737;

thumper-massager-inc.myshopify.com.

Price: \$419



SHAKE IT UP

Model: Smaller equine unit K12.

Maker: TheraPlate.

Why buy: The vortex wave circulation stimulation technology helps alleviate inflammation and speeds healing for faster recovery.

Cool feature: The 6-by-2-foot plate allows your horse to stand entirely on the plate, but larger units are also available.

More info: (817) 629-5171; theraplate.com.

Price: \$3,699



HORSE THERAPY GUIDE

You want to take the best possible care of your horse, but may be overwhelmed by the numerous horse-therapy options available. Read our guide to popular therapies to learn the best choice for your situation.

Cold therapy. Most often used to reduce soft-tissue swelling, cold therapy's also used preventatively after exercise to tighten ligaments and tendons that are susceptible to trauma.

Heat therapy. Applied locally, heat improves circulation, which promotes healing by bringing blood and oxygen to an injured or sore area.

Massage therapy. Direct pressure applied to sensitive or tight muscles helps alleviate soreness and pain. This therapy

is typically performed by a masseuse, but can also be done using mechanical assistance (see "Manage Muscles" above).

Spa hydrotherapy. The horse is submerged in a pool with water solvent (similar to a hot tub). This is a prehab or rehab technique used to reduce inflammation and fluid accumulation, or to provide low-impact therapy to injured horses.

Magnetic therapy. Interaction between magnets in a product and currents in the horse's body create electromagnetic currents that aid circulation and reduce inflammation.

Vibration therapy. A standing plate emits vibrations through the horse's body via his feet to improve circulation and alleviate joint and muscle pain.

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Do-It-Yourself Patterning

Trainer Darla Kennepohl teaches you how to pattern your barrel-racing horse for quick, efficient runs.

Produced and Photographed by **Alexis Bennett**

Q Recently I bought an off-the-track Thoroughbred as my new barrel-racing prospect. She's already been retrained to some extent—she changes leads, circles, and is soft in the bridle, but she doesn't know the barrel pattern. How do I teach her the pattern, and when can I compete?

ALIZA ROBERTSON, Pennsylvania

A The key to training a horse, whether you're a professional or an amateur, is consistency. Repetition is also a key ingredient for successfully patterning a horse. Here, I'll outline five areas you'll want to emphasize in your training, including my advice on the most efficient barrel pattern to follow (page 58). This is geared for barrel racing, but these rules apply to any event with a specific pattern, such as gymkhana contests.

Ride often. To be successful you need to be willing to saddle up. Trying to pack a week's worth of drills and exercise into a few sessions will mentally fatigue and frustrate your horse. Instead, ride more often, even if for shorter periods. Try to ride five times per week, and practice around the barrels in only two to three of those sessions.

Drill the skills. You can practice your turns every day without burning your horse out simply by circling away from the pattern. Try this spiraling exercise to develop controlled, even circles that'll become snappy, precise turns. Practice this exercise at a trot, then progress to a lope as your horse shows mastery.

Begin in a large, even circle. After a few circles, and as your mare begins to show she can maintain a uniform circle with little correction or cueing, pick up your rein in the same manner you would to cue for your turn in the pattern. Spiral your circle size down until you're traveling in a barrel-turn-size circle. Provide a release-reward, and keep her from stalling by urging her straight out from your smallest circle and into another large, even circle, then repeat. Practice in each direction before moving on.

Keep it simple. Don't just haphazardly approach each barrel as you pattern your horse. Plan your pattern before you start, then follow the same footpath at each practice. Follow-



Practice the pattern at each gait. As your horse masters slower paces, increase his speed. Eventually, you'll be able to follow the same pattern at full-speed that you started on at the walk.

ing a simple, uniform path will give your horse confidence and eliminate inconsistency in each run.

The shortest distance between two points is a straight line, so that's how to approach each barrel. At the finish of each turn, travel straight to the pocket of the next barrel (the area around each barrel in which a turn's completed). Avoid the common mistake of flaring out away from the barrel, or "giving yourself room" as you approach your turn. This question-mark style of approach encourages your horse to dive at the barrel with her shoulder down, rather than follow a controlled, even circle with an elevated shoulder as you've practiced. It also causes you to cover unnecessary ground, slowing your time.

Make your turns as you've practiced them in the spiraling drill: even and round (see "Drill the skills"). A good rule is to keep a 3- to 5-foot space around the barrel as you turn. This gives your horse adequate space for a snappy turn, without knocking the barrel over. Adjust this distance as you learn your horse's turning style or to accommodate a larger- or smaller-frame horse. →

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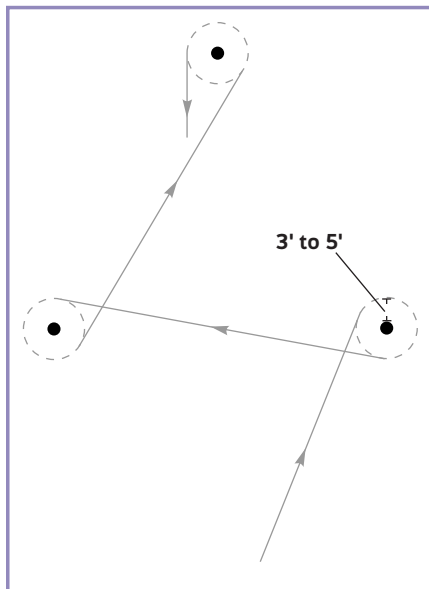
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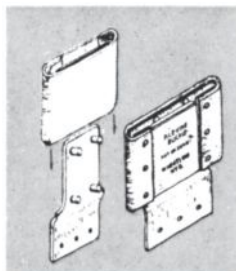
Minimize the distance your horse must travel by striving for straight lines between barrels and neat, even circles around them. A good rule of thumb is to keep a 3- to 5-foot distance between you and the barrels as you turn; make adjustments as needed to accommodate your horse's size and turning style.

Master each gait. The footpath you follow around the barrels should be the same at each gait. (For a visual of what an efficient pattern looks like, refer to the diagram above.) Map the pattern out around the barrels in your arena using cones, if necessary. Then start by walking your horse through this pattern as marked. When she's mastered the walk, move on to faster gaits, continuing along the exact pattern you taught at slower gaits. If form breaks down as you speed up, slow down and refresh the basics. *Note:* Practice the pattern only three or four times per session and end on a high note. By keeping on-pattern drilling short, you'll stave off feelings of resentment and keep her enjoying her job.

When you're able to lope through the pattern with minimal cueing and correction, begin hauling to exhibitions to make practice runs. As soon as you've reached this point, quit making practice runs at home and shift your

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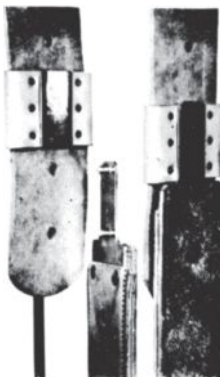
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Avoid this mistake. The greatest mistake I see most amateur riders make after their horse has been patterned is adding speed too soon. As you begin making exhibition runs, keep an eye on your mare's demeanor. As she gains confidence at slower speeds, add a bit more speed and see how she does. If she's anxious or your pattern's good form breaks down, you'll know she's not yet ready for the speed you've asked for. Bring her back down for a few runs, then try again. Eventually you'll be able to make full-speed runs while following the same pattern you first taught her at the walk. □



Darla Kennepohl lives in Kiowa, Colorado, where she owns and operates SDK Barrel Horses. She's a two-time AQHA world and reserve world champion,

Jim Nordick Coliseum arena record-holder, Barrel Futurities of America World Champion, and accomplished futurity horse trainer. She prides herself in training quiet, talented athletes that compete with a willing attitude.

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Celebrating—With Horses

You describe a special holiday activity that involves your horses.

I always make a hot bran mash for my horses on Christmas morning. There's no plumbing in our barn, so I bring a thermos of hot water and mix together bran, chopped apples, and crushed peppermints. The horses say, "Ho-ho-ho!"

Mandy Lyson, Colorado

On Thanksgiving we take our horses out for a special ride, then go home and eat a delicious dinner!

Jessica Cain, Oregon

A local club sponsors a yearly holiday schooling show. Competitors dress up, and you see a lot of Santa hats on horses and bells on saddle blankets. My horse wears alternating red/green polo wraps.

Amber Harris, Texas

Our city holds an annual Christmas parade, complete with horses. I'm still trying to decide if my Blue can handle the fire-truck sirens.

Ashlynn Abernathy,
Alabama

Every year my 4-H club has a Halloween costume contest. Last year my Haflinger Debbie and I were a scarecrow and a farmer. This year, my mom's Appaloosa, my little sister, and I were Three Blind Mice. It's always fun!

Mallory Sensenig, 11, Pennsylvania



I bake Christmas cookies for my horse. Then I dress us both up in holiday colors and we go for a trail ride in the cold weather. It's always relaxing and it really puts me in the holiday spirit.

Bridgette Rosebrugh,
California

Every year, late on Christmas Eve, our herd of Angus and our horses get an extra pail of feed/treats. It's something our family has done for generations.

Donna Wilson,
Ontario, Canada

A few nights before Christmas, we saddle up and go caroling around our rural area. Our neighbors now know to have carrots and apples as well as holiday cookies to treat us with.

Brenna Stridham, California

It's not the holidays without a bobsled ride behind a team of horses wearing bells. I've enjoyed this special activity since I was a kid.

Abby Gilbert, Ohio

Our barn always has a holiday potluck, right in the main aisle. We decorate with live green boughs and red bows. Great food for us, plus treats for each horse in every stall.

Mariana Coulson, New Mexico

My husband wrote a sweet poem, "The Horse Who Saved Christmas." We display that poem at our boarding barn, along with a colorful basket filled with carrots and apples. There's also a card "from" our two horses to all their barn buddies, wishing them Happy Trails.

Linda Avery, Oregon

Join in! In 50 or fewer words, describe the most useful thing you ever learned at a training or horsemanship clinic. Respond by December 15 to jfmeyer@aimmedia.com. Include your name/home state; put "You Said It/Clinic" in the subject line.

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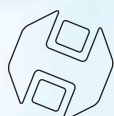
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